

ADULT PROGRAM

SUMMER | 2018



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov



BRAND NEW!
Evening classes and free fitness
room access at Five Points –
see inside for details!

ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road
Raleigh, NC 27615
Phone: (919) 996-4720
Email: annegordoncenter@raleighnc.gov

FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road
Raleigh, NC 27608
Phone: (919) 996-4730
Email: fivepointscenter@raleighnc.gov

WALNUT TERRACE NEIGHBORHOOD CENTER

1256 McCauley Street, Suite 103
Raleigh, NC 27601
Phone: (919) 996-6160
Email: WalnutTerraceCenter@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Active Adults

HOURS OF OPERATION

Monday - Friday, 9:00am - 6:00pm

* Five Points Center is open until 9:00 PM on Mondays and Thursdays.

The centers will be closed on May 28 and July 4.

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

Online with Reclink

Visit reclink.raleighnc.gov. Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.

One day Trips are available for online registration. Multi-day trips are not accepted online.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route.
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Neighborhood Center: Use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

Class Title	BASICS WITH BARB For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.			
Course	Five Points Center for Active Adults			
Location + Fee	#129908	May 5-12	W	Class Fee: \$40 9:30 AM-11:30AM
	Class Barcode	Class Dates	Class Day	Class Time

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ART PROGRAMS

20TH CENTURY PAINTING

What happened to painting in the late 19th century? How and why did painting change so radically in the 20th century? In this overview, we use drawing and watercolor to explore some of the major players, groups, and movements in Europe and the U.S. after impressionism. Each lesson will have a slide-lecture, followed by a demo, then in-class and at-home drawing and watercolor assignments. We'll focus on a couple of paintings each week, using pencil, pen, marker and watercolor media. Materials are provided for first class with a list of recommended supplies and supplemental guides. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults		Course Fee: \$20
#219707	May 1-22 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$20
#219708	May 1-22 Tu	2:00 PM-5:00 PM

ACRYLIC PAINTING

This acrylic painting class offers students the opportunity to work at their own pace under the direction of the instructor. It is appropriate for students of all levels. Students will receive a list of materials to purchase on their own. Instructor: John Duzs.

Five Points Center for Active Adults		Course Fee: \$75
#220316	May 7-Aug 27 M	10:30 AM-1:30 PM
#220317	May 2-Aug 29 W	12:30 PM-3:00 PM

BLUEGRASS JAM

Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center for Active Adults		Course Fee: \$0
#220948	May 2-Aug 29 W	1:00 PM-5:00 PM

CERAMICS BASICS - PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults		Course Fee: \$0
#220994	May 2-Aug 29 W	9:30 AM-12:00 PM

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults		Course Fee: \$0
#220999	May 1-Aug 30 M-Th	10:00 AM-11:30 AM

DRAWING: DRAWING FOR BEGINNERS

Make your mark. Lose your creative inhibitions and learn to appreciate your expression. No stress, no tests. Each week we'll have exercises designed to help you progressively explore the world of drawing. No experience necessary (only curiosity and a willingness to try). All materials will be provided for first class with a recommended materials sheet for the rest of the session. Instructor: Suzanne McDermott

Anne Gordon Center for Active Adults		Course Fee: \$35
#222211	Jun 5-Jul 10 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$35
#222217	Jun 4-Jul 9 M	6:00 PM-8:30 PM
#222212	Jun 5-Jul 10 Tu	2:00 PM-5:00 PM

DRAWING: THE FUNDAMENTALS OF PERSPECTIVE

This class will introduce one point, two point and aerial perspective to students who would like to create a sense of depth in their work. The subject matter will include geometric forms from still life studies, architectural structures and the theme of landscape. The materials used will include pencil, charcoal and wash with pen and ink. Students need not have prior experience in drawing as this course will help both beginning and advanced students who have an interest in improving their drawing skills. Emphasis will be on including a defined light source and the overall design of the page. Students will learn to shade the drawing to create volume and form in the final work. Instructor: Nancy Carty

Five Points Center for Active Adults		Course Fee: \$45
#223926	Jul 16-Aug 20 M	2:00 PM-5:00 PM

JOYFUL CHORUS

Age: 18yrs. and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults			Course Fee: \$0
<i>Joyfuls Chorus</i>			
#224033	May 7-Aug 27	M	12:15 PM-1:15 PM
<i>Harmony Group</i>			
#224034	May 7-Aug 27	M	11:15 AM-12:15 PM

KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults		Course Fee: \$10
#222309	May 8-Jun 26 Tu	2:00 PM-4:00 PM
#222310	Jul 10-Aug 28 Tu	2:00 PM-4:00 PM
#222311	May 10-Jun 28 Th	2:00 PM-4:00 PM
#222312	Jul 12-Aug 30 Th	2:00 PM-4:00 PM

ART PROGRAMS

QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720. Instructor: Martha Killian.

Anne Gordon Center for Active Adults Course Fee: \$15
#222316 May 7-Jul 16 M 1:00 PM-4:00 PM

READERS THEATRE

Readers Theatre is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd and 4th Monday of the month.

Five Points Center for Active Adults Course Fee: \$0
#221217 May 14-Aug 27 2nd/4th M 3:30 PM-5:30 PM

TRIANGLE PORTRAIT ARTISTS

If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. This class is self-lead, there is no formal instructor. For oil painters use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

Five Points Center for Active Adults Course Fee: \$13
#224192 June 5-Aug 28 T 9:00 AM-12:00 PM

WATERCOLOR: WATERCOLOR FOR BEGINNERS

Learn about color and how watercolor works. Progressive lessons provide practical understanding of pigment, water and paper while completing painting exercises. No experience necessary (only curiosity and a willingness to try). All materials will be provided for first class along with a recommended materials sheet for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults Course Fee: \$35
#222213 Jul 17-Aug 21 Tu 9:15 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$35
#222218 Jul 16-Aug 20 M 6:00 PM-8:30 PM
#222214 Jul 17-Aug 21 Tu 2:00 PM-5:00 PM



COMPUTER CLASSES

COMPUTER BASICS 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$10	
#223609	Aug 16-23	Th	10:00 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$10	
#224062	Jul 11-18	W	10:00 AM-11:30 AM

COMPUTER BASICS 2

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save retrieved data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults		Course Fee: \$10	
#223610	Jul 24-31	Tu	10:00 AM-11:30 AM

GOOGLE APPLICATIONS OVERVIEW

Prerequisite: 'Computer Skills 1' or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults		Course Fee: \$10	
#224050	Jun 19-26	Tu	10:00 AM-11:30 AM

GOOGLE PHOTOS INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$10	
#223694	Aug 2-9	Th	10:00 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$10	
#223693	Jul 3-10	Tu	10:00 AM-11:30 AM

IPAD/IPHONE BASICS 1

Introduction to the basics of owning an iPhone and an iPad. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5	
#223612	Jun 18	M	3:30 PM-5:30 PM
Five Points Center for Active Adults		Course Fee: \$5	
#223613	Jun 21	Th	10:00 AM-12:00 PM
#224063	Aug 13	M	10:00 AM-12:00 PM

IPAD BASICS 2

Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5	
#223669	Jun 25	M	3:30 PM-5:30 PM
#223673	Jun 28	Th	10:00 AM-12:00 PM

IPAD BASICS 3

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5	
#223687	Jul 9	M	2:00 PM-4:00 PM

Please be sure to read course prerequisite in the course description to be sure that you are registering for the appropriate level class.

COMPUTER CLASSES

IPHONE 2: BASIC SETUP AND USE

Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly make the iPhone a 'Smartphone'. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults			Course Fee: \$5
#223690	Jul 2	M	10:00 AM- 12:00 PM
#224064	Aug 14	Tu	10:00 AM- 12:00 PM

ICLOUD BASICS FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults			Course Fee: \$5
#224061	Jul 23	M	10:00 AM-12:00 PM

INTRODUCING SIRI - YOUR PERSONAL ASSISTANT FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. For more information regarding course content, call Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults			Course Fee: \$5
#223691	Jul 26	Th	9:30 AM-11:30 AM
Five Points Center for Active Adults			Course Fee: \$5
#223692	Jul 17	Tu	10:00 AM-12:00 PM

Please be sure to read course prerequisite in the course description to be certain that you are registering for the appropriate level class.



EDUCATIONAL CLASSES

ESSENTIAL OILS: SELF-HEALING

We begin with an overview of what essential oils are, where they come from and why they are here to help us. This class explores different natural, traditional and energetic healing modalities and how essential oils enhance those modalities and our general well-being. We'll learn about what oils are good for our medicine cabinets, kitchens, and first-aid kits. Just coming to each class will help you heal a little bit and feel a whole lot better. It's a fun class! Materials fee is \$45.

Five Points Center for Active Adults Course Fee: \$35
#222216 Apr 23-May 14 M 6:00 PM-8:30 PM

FINANCE: CAN I GET GOVERNMENT ASSISTANCE FOR LONG-TERM CARE?

The cost of Long Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel

Anne Gordon Center for Active Adults Course Fee: \$0
#222568 Jun 28 Th 3:00 PM-4:00 PM
#222570 Aug 30 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222575 Jul 10 Tu 1:00 PM-2:00 PM

FINANCE: IMPORTANT LEGAL DOCUMENTS EVERYONE SHOULD HAVE

Why do I need legal documents in the first place? Learn what Core Documents make up the foundation of a good estate plan (you need more than a will!) Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults Course Fee: \$0
#222578 May 10 Th 2:00 PM-3:00 PM
#222582 Jul 12 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222583 May 15 Tu 2:00 PM-3:00 PM
#222586 Jun 25 M 6:00 PM-7:00 PM

FINANCE: MEDICARE 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults Course Fee: \$0
#222610 Jul 26 Th 1:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222611 Jun 12 Tu 1:00 PM-3:00 PM
#222612 Aug 2 Th 6:00 PM-8:00 PM

FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#222652 Jul 19 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222653 May 17 Th 6:00 PM-7:00 PM

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES

Learn about the New Reverse Mortgage with examples from real life scenarios. What is a Reverse Mortgage, also known as a Home Equity Conversion Mortgage or HECM? What are the Myths about a Reverse Mortgage? What are the Qualifications for a Reverse Mortgage? Why Choose a Reverse Mortgage? What are the Available Options of a Reverse Mortgage? Sponsored by Yakin Bank Mortgage and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#222588 Jun 7 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222589 May 10 Th 6:00 PM-7:00 PM
#222590 Jul 19 Th 1:00 PM-2:00 PM

EDUCATIONAL CLASSES

FINANCE: THE TRUTH ABOUT TRUSTS

Have you gotten a postcard recently from an attorney telling you not to be a 'burden' on your children, to avoid 'burdening' them, you must use a trust? Are you afraid of the 'hassle' and 'delay' of probate? Do you wonder if your neighbor having a trust means you should have one too? This presentation by Tom McCuiston of the McCuiston Law Firm takes the mystery out of living trusts and explains when a trust is necessary and when it is not.

Five Points Center for Active Adults Course Fee: \$0
#222564 May 8 Tu 1:00 PM-2:00 PM

FINANCE: TYPES OF TRUSTS VERSES A STANDARD WILL

One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'is your will sufficient to accomplish you estate planning goals'? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults Course Fee: \$0
#222595 Jul 26 Th 3:00 PM-4:00 PM
Five Points Center for Active Adults Course Fee: \$0
#222596 Jul 24 Tu 2:00 PM-3:00 PM

FINANCE: UNDERSTANDING BENEFICIARY DESIGNATIONS

Not understanding beneficiary designations can ruin an estate plan. There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD) designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults Course Fee: \$0
#222541 Jun 21 Th 2:00 PM-3:00 PM
#222549 Aug 16 Th 2:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222542 May 31 Th 2:00 PM-3:00 PM
#222550 Aug 23 Th 2:00 PM-3:00 PM

FINANCE: UNDERSTANDING VETERANS' AID AND ASSISTANCE BENEFITS

A veterans benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

Anne Gordon Center for Active Adults Course Fee: \$0
#222551 May 24 Th 3:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222553 Jun 5 Tu 3:00 PM-4:00 PM
#222554 Aug 13 M 6:00 PM-7:00 PM

FIVE WISHES

Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is designed to help you plan for the future.

Anne Gordon Center for Active Adults Course Fee: \$0
#222601 Jun 14 Th 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222606 Jun 11 M 6:00 PM-7:00 PM



FRENCH: LEVEL 1

Why not take a little time to learn some French? Come join us for beginner and/or reinforcement of basic French language. Your teacher, Kyle, has taught in Raleigh for several years and lived in France for over a decade. Learning just a little bit of French will: help you better enjoy your next visit to France, do good things for your brain as you exercise it learning something new, and make you proud of yourself as you speak a beautiful language! This class will go step-by-step and at your pace, just join us to see how much fun it can be to learn French!

Five Points Center for Active Adults	Course Fee: \$60
#224202 Jun 14-Aug 2 Th 10:30 AM-12:00 PM	

HEALTH TALKS WITH DR. BALDWIN

If you have Medicare or private insurance, you have a home healthcare benefit. Nursing care and therapy may be available to you in your home after a hospital stay or an illness at no charge to you. Learn about this important benefit you or a loved one may be entitled to that may keep you from going to a nursing facility for care. This program is offered by Resources for Seniors and is co-sponsored by Gentiva Home Health.

Five Points Center for Active Adults	Course Fee: \$0
#222643 May 1 Tu 10:15 AM-11:15 AM	
#222644 Jul 3 Tu 10:15 AM-11:15 AM	
#222647 Jun 5 Tu 10:15 AM-11:15 AM	
#222649 Aug 7 Tu 10:15 AM-11:15 AM	

HEALTH TOPIC: BLOOD PRESSURE SCREENING

Take advantage of these FREE blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors; or the registered nurse from Perpetual Home Care. This will take place the first Tuesday and the third Monday of the month.

Five Points Center for Active Adults	Course Fee: \$0
#222674 May 1-Aug 20 1st Tu/3rd M 9:30 AM-10:15 AM	

HEALTH TOPIC: BUILDING YOUR LIFE PLAN

This seminar will be based on content in the books 'How to Say It to Seniors' by David Solie and 'How to Keep Mom (and yourself) out of a Nursing Home' by Dr. David Fisher of Doctors Making Housecalls. Frequently we think of retirement in terms of how much money we need to retire. Life is so much more than being about money. We will discuss the importance of building a life plan covering all aspects of your life spanning your physical, social, faith, medical and financial goals. A key question to you in building this plan is what you would like your legacy to be? How would you like to be remembered by family and friends? Come learn how to build your life plan with your legacy in mind! Sponsored by Aware Senior Care.

Five Points Center for Active Adults	Course Fee: \$0
#223902 Aug 20 M 7:00 PM-8:00 PM	
#223922 May 21 M 7:00 PM-8:00 PM	

HEALTH TOPIC: HIP AND KNEE ARTHRITIS, WHAT YOU NEED TO KNOW

Dr. David Rion from the Bone and Joint Surgery Clinic whose specialty is orthopedic surgery and concentration in total joint arthroplasty, will talk about current treatment options for people suffering from hip and knee arthritis pain ranging from steroid and visco supplementation to total hip and knee replacement. He will also focus on current guidelines for a variety of treatment for the hip and knee to relieve pain and restore range of motion.

Anne Gordon Center for Active Adults	Course Fee: \$0
#224055 May 3 Th 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#224056 May 14 M 6:00 PM-7:00 PM	

HEALTH TOPIC: MY SHOULDER HURTS, WHAT DOES THIS MEAN?

Dr. Hardy Singh, Board Certified Orthopaedic surgeon and a Fellow of the American Board of Orthopedic Surgery, from the Bone and Joint Surgery Clinic will talk about current treatment options for people suffering from shoulder pain and arthritis ranging from steroid and visco supplementation to total shoulder replacement. He will also focus on current guidelines for treatments.

Anne Gordon Center for Active Adults	Course Fee: \$0
#224054 May 17 Th 1:00 PM-2:00 PM	

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom. Group meets on the last Friday of each month.

Five Points Center for Active Adults	Course Fee: \$0
#222623 5/25, 6/29, 7/27, 8/24 F 1:30 PM-3:00 PM	

HEALTH TOPIC: THINK WELL AND STRESS LESS AT HOME

This seminar will provide helpful education and recommendations on the importance of exercising your brain and things you can do to reduce stress. At the later stages of life living at home, especially if it's by yourself, can be very challenging. Things you could do earlier in life become more difficult. You may now need assistance in your home which causes stress and withdrawing from being social. It's a documented fact that stimulating the brain can help enhance life and reduce the chances of dementia and Alzheimer's disease. Reducing stress has a major positive impact on your health and enjoying life. This seminar will discuss signs and indicators of dementia and stress and provide simple tips and techniques that can be applied in everyday life to reduce stress and exercise the brain.

Anne Gordon Center for Active Adults	Course Fee: \$0
#223907 Aug 23 Th 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#223911 Jun 4 M 6:00 PM-7:00 PM	
#223912 Jul 17 Tu 3:00 PM-4:00 PM	

EDUCATIONAL PROGRAMS

LEGAL: DETER AND DETECT, AVOIDING IDENTITY THEFT

Brian Reitter, NC Consumer Council Public Affairs, Director will educate us on how to recognize the warning signs of Identify Theft, things we should know to protect ourselves and what to do if we think or know we have been targeted.

Five Points Center for Active Adults Course Fee: \$0
#222671 Jun 19 Tu 10:30 AM-11:30 AM

MUSIC THERAPY FOR PARKINSON'S DISEASE

Music Therapy for Parkinson's Disease, or MT4PD, is a community-based music therapy group that meets weekly for 45-minute sessions. Funded through a grant from the National Parkinson Foundation, these free sessions will consist of exercises designed by a board-certified music therapist focused on stabilizing or improving speech and language deficits that arise from the progression of Parkinson's disease. MT4PD offers a fun and inviting way for individuals with Parkinson's disease and their caregivers to connect with other members of the Parkinson's community while addressing their individual rehabilitation needs. Prior musical experience not required. For more information, please contact Allison Hingley at 919-443-9448 or allison@atlanticmusictherapy.com.

Five Points Center for Active Adults Course Fee: \$0
#222627 Apr 12-Jun 14 Th 4:15 PM-5:15 PM

NOGGIN JOGGIN'

People who regularly partake in the stimulating activities showed healthier densities of 'white matter'-the parts of the brain that transmit information-than those who didn't. In other words: If you don't use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games work to stave off dementia, strengthen critical thinking skills, and promote brain health. Join us monthly in a variety of brain stimulating activities to keep our brains active. Presented by Homewatch Care Givers. This is held the first and third Monday of each month.

Anne Gordon Center for Active Adults Course Fee: \$0
#222985 May 7-Aug 20 M 1:30 PM-2:30 PM

PREVENTING EMAIL SCAMS AND MALWARE

Brian Reitter, NC Consumer Council Public Affairs Director will educate us on the dangers and potential consequences of the most frequent and popular email scams and malware. He will focus on how to identify and protect ourselves and our contacts from becoming prey to computer scams.

Anne Gordon Center for Active Adults Course Fee: \$0
#222673 May 17 Th 3:00 PM-4:00 PM

QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required. Class meets on the first and third Monday of each month.

Five Points Center for Active Adults
#221214 May 7-Aug 20 1st & 3rd M 3:30 PM-5:00 PM

RESOURCES FOR SENIORS:

WHO ARE WE AND HOW WE CAN HELP

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults Course Fee: \$0
#222614 Jun 28 Th 1:00 PM-1:30 PM

Five Points Center for Active Adults Course Fee: \$0
#222615 Jun 28 Th 10:00 AM-10:30 AM

SHIIP COUNSELING APPOINTMENTS

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIIP) will help you understand your Medicare options. The trained SHIIP volunteer will help you identify Medicare health and drug plans that best meet your needs. You must preregister for a one-hour appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults Course Fee: \$0
#222617 May 7-Aug 27 M 1:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#222618 May 2-Aug 30 W-Th 1:30 PM-4:30 PM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

60 SECONDS TO GOOD HEALTH

Eat lunch later – exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Raquel Robinson

Five Points Center for Active Adults Course Fee: \$8

#220312	May 7-21	M	10:30 AM-11:15 AM
#220313	Jun 4-25	M	10:30 AM-11:15 AM
#220314	Jul 2-30	M	10:30 AM-11:15 AM
#220315	Aug 6-27	M	10:30 AM-11:15 AM

AEROBIC FIT

This Active Adult intermediate level class is designed to be fun, challenging and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact aerobics choreography, smooth transitions and sequenced movement repetitions. The class may include mats, weights, resistance bands and small medicine balls.

Anne Gordon Center for Active Adults Course Fee: \$8

#222317	May 1-29	Tu	10:15 AM-11:00 AM
#222318	Jun 5-26	Tu	10:15 AM-11:00 AM
#222319	Jul 3-31	Tu	10:15 AM-11:00 AM
#222320	Aug 7-28	Tu	10:15 AM-11:00 AM
#222321	May 3-31	Th	10:15 AM-11:00 AM
#222322	Jun 7-28	Th	10:15 AM-11:00 AM
#222323	Jul 5-26	Th	10:15 AM-11:00 AM
#222324	Aug 2-30	Th	10:15 AM-11:00 AM

AGELESS GRACE

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson.

Anne Gordon Center for Active Adults Course Fee: \$8

#220318	May 1-29	Tu	2:00 PM-2:45 PM
#220319	Jun 5-26	Tu	2:00 PM-2:45 PM
#220320	Jul 3-31	Tu	2:00 PM-2:45 PM
#220321	Aug 7-28	Tu	2:00 PM-2:45 PM

Five Points Center for Active Adults Course Fee: \$8

#220322	May 7-21	M	9:30 AM-10:15 AM
#220323	Jun 4-25	M	9:30 AM-10:15 AM
#220324	Jul 2-30	M	9:30 AM-10:15 AM
#220325	Aug 6-27	M	9:30 AM-10:15 AM

continued on next column...

Walnut Terrace Neighborhood Center

Course Fee: \$8

#220326	May 1-29	Tu	12:00 PM-12:45 PM
#220327	Jun 5-26	Tu	12:00 PM-12:45 PM
#220328	Jul 3-31	Tu	12:00 PM-12:45 PM
#220329	Aug 7-28	Tu	12:00 PM-12:45 PM

BALANCE AND POSTURE

This class consists of 45 minutes of balance work using a chair for stability. Exercises are designed to improve posture, balance, and strengthen the feet, ankles, legs, and core. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

#220330	May 2-30	W	2:15 PM-3:00 PM
#220331	Jun 6-27	W	2:15 PM-3:00 PM
#220332	Jul 11-25	W	2:15 PM-3:00 PM
#220333	Aug 1-29	W	2:15 PM-3:00 PM

BALANCE AND STRENGTH FOUNDATIONS

A series of balance and strength exercises will be used to help improve balance and core strength. Exercises may be done both sitting in a chair and standing with support. Instructor: Sue Payne.

Five Points Center for Active Adults Course Fee: \$8

#220334	May 1-29	Tu	10:15 AM-11:00 AM
#220335	Jun 5-26	Tu	10:15 AM-11:00 AM
#220336	Jul 3-31	Tu	10:15 AM-11:00 AM
#220337	Aug 7-28	Tu	10:15 AM-11:00 AM



FITNESS CLASSES

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chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

BENEFITNESS

Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come and enjoy the BeneFitness of exercise! There is no preregistration for this class; the first 30 people to sign the roster may participate each day. Instructor: Bill Unger.

Five Points Center for Active Adults Course Fee: \$0
#220947 May 1-Aug 30 Tu, Th 9:30 AM-10:00 AM

BOOTCAMP

Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class, and bring a towel! This is an intermediate/advanced level class. Instructor: Sue Payne.

Five Points Center for Active Adults Course Fee: \$8

#220949	May 1-29	Tu	9:15 AM-10:00 AM
#220950	Jun 5-26	Tu	9:15 AM-10:00 AM
#220951	Jul 3-31	Tu	9:15 AM-10:00 AM
#220952	Aug 7-Sep 4	Tu	9:15 AM-10:00 AM
#220953	May 2-30	W	1:15 PM-2:00 PM
#220954	Jun 6-27	W	1:15 PM-2:00 PM
#220955	Jul 11-25	W	1:15 PM-2:00 PM
#220956	Aug 1-29	W	1:15 PM-2:00 PM
#224203	May 3-31	Th	10:15 AM-11:00 AM
#224204	Jun 7-28	Th	10:15 AM-11:00 AM
#224205	Jul 5-26	Th	10:15 AM-11:00 AM
#224206	Aug 2-30	Th	10:15 AM-11:00 AM

BOXING FOR FITNESS

This cardio-intensive class involves actual boxing work along with core and abdominal floor work. This class is great for overall muscle toning and fat burning. Please bring boxing gloves and mat.

Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

#220957	May 1-29	Tu	3:15 PM-4:00 PM
#220958	Jun 5-26	Tu	3:15 PM-4:00 PM
#220959	Jul 3-31	Tu	3:15 PM-4:00 PM
#220960	Aug 7-28	Tu	3:15 PM-4:00 PM

CARDIO SCULPT

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Abbotts Creek Community Center Course Fee: \$8
Instructor: Raquel Robinson

#223828	May 1-29	Tu	9:30 AM-10:00 AM
#223829	Jun 5-26	Tu	9:30 AM-10:00 AM
#223830	Jul 3-31	Tu	9:30 AM-10:00 AM
#223831	Aug 7-28	Tu	9:30 AM-10:00 AM
#223832	May 3-31	Th	9:30 AM-10:00 AM

Five Points Center for Active Adults Course Fee: \$8
Instructor: Raquel Robinson

#220966	May 7-21	M	9:30 AM-10:15 AM
#220967	Jun 4-25	M	9:30 AM-10:15 AM
#220968	Jul 2-30	M	9:30 AM-10:15 AM
#220969	Aug 6-27	M	9:30 AM-10:15 AM

Instructor: Linda Thomas

#220970	May 1-29	Tu	10:15 AM-11:00 AM
#220971	Jun 5-26	Tu	10:15 AM-11:00 AM
#220972	Jul 3-31	Tu	10:15 AM-11:00 AM
#220973	Aug 7-28	Tu	10:15 AM-11:00 AM

Instructor: Sue Payne

#220974	May 2-30	W	10:15 AM-11:00 AM
#220975	Jun 6-27	W	10:15 AM-11:00 AM
#220976	Jul 11-25	W	10:15 AM-11:00 AM
#220977	Aug 1-29	W	10:15 AM-11:00 AM
#220978	May 2-30	W	11:15 AM-12:00 PM
#220979	Jun 6-27	W	11:15 AM-12:00 PM
#220980	Jul 11-25	W	11:15 AM-12:00 PM
#220981	Aug 1-29	W	11:15 AM-12:00 PM



CORE, BALANCE AND STRETCH

Participants will strengthen the abs and lower back while practicing balance and improving stability. Equipment will include stability balls, mats and foam rollers.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Sue Payne

#220995	May 3-31	Th	9:15 AM-10:00 AM
#220996	Jun 7-28	Th	9:15 AM-10:00 AM
#220997	Jul 5-26	Th	9:15 AM-10:00 AM
#220998	Aug 2-30	Th	9:15 AM-10:00 AM

Instructor: Sandy Stanton

#221507	May 3-17	Th	7:15 PM-8:00 PM
#221509	Jun 7-28	Th	7:15 PM-8:00 PM
#221510	Jul 5-Aug 2	Th	7:15 PM-8:00 PM
#221511	Aug 9-30	Th	7:15 PM-8:00 PM

DANCE XROSS FITNESS

This is an intermediate to advanced level fitness class for our active adults centers. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training and soul line dancing. Instructor: Linda Thomas

Anne Gordon Center for Active Adults

Course Fee: \$8

#221092	May 7-21	M	11:45 AM-12:45 PM
#221093	Jun 4-25	M	11:45 AM-12:45 PM
#221094	Jul 2-30	M	11:45 AM-12:45 PM
#221095	Aug 6-27	M	11:45 AM-12:45 PM

Five Points Center for Active Adults

Course Fee: \$8

#221096	May 1-29	Tu	11:00 AM-11:45 AM
#221097	Jun 5-26	Tu	11:00 AM-11:45 AM
#221098	Jul 3-31	Tu	11:00 AM-11:45 AM
#221099	Aug 7-28	Tu	11:00 AM-11:45 AM

DRUMMING FOR FITNESS

Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no- to low-impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher-impact aerobic activity. The drumming moves benefit those with Parkinson's Disease and other neurological disorders.

Instructor: Bettie Ittenbach

Five Points Center for Active Adults

Course Fee: \$8

#221100	May 7-21	M	1:30 PM-2:15 PM
#221101	Jun 4-25	M	1:30 PM-2:15 PM
#221102	Jul 2-30	M	1:30 PM-2:15 PM
#221103	Aug 6-27	M	1:30 PM-2:15 PM

FIVE POINTS FITNESS ROOM

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape.

Five Points Center for Active Adults

Course Fee: \$0

#221104	May 1-Aug 31	M, Th	9:00 AM-9:00 PM
		Tu, W, F	9:00 AM-6:00 PM

FIVE POINTS FITNESS ROOM ORIENTATION

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage. Please schedule an appointment.

Five Points Center for Active Adults

Course Fee: \$0

#221173	May 1-Aug 30	Tu, Th	9:00 AM-9:30 AM
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FUNCTIONAL FITNESS FOR EVERYDAY LIVING

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This full-body workout will focus on muscle endurance and total body stability, which will help you do day-to-day activities with confidence. In this class, you will be encouraged to move at a slower pace to ensure that proper form is followed and you feel your workout. Instructor: Raquel Robinson

Abbotts Creek Community Center

Course Fee: \$8

#223836	May 2-30	W	9:30 AM-10:15 AM
#223837	Jun 6-27	W	9:30 AM-10:15 AM
#223838	Jul 11-25	W	9:30 AM-10:15 AM
#223839	Aug 1-29	W	9:30 AM-10:15 AM



FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

GENTLE STRETCH

In this 45-minute chair class, participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

Five Points Center for Active Adults				Course Fee: \$8
#221105	May 2-30	W	12:00 PM-12:45 PM	
#221106	Jun 6-27	W	12:00 PM-12:45 PM	
#221107	Jul 11-25	W	12:00 PM-12:45 PM	
#221108	Aug 1-29	W	12:00 PM-12:45 PM	

LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center for Active Adults Course Fee: \$0

Instructor: Cathy Dix

Introductory Level (Little to no experience)

#221110	May 4-25	F	2:15 PM-3:15 PM
#221111	Jun 1-29	F	2:15 PM-3:15 PM
#221112	Jul 6-27	F	2:15 PM-3:15 PM
#221113	Aug 3-31	F	2:15 PM-3:15 PM

Beginner Level (Some experience- need to know steps)

#221114	May 4-25	F	1:00 PM-2:00 PM
#221115	Jun 1-29	F	1:00 PM-2:00 PM
#221116	Jul 6-27	F	1:00 PM-2:00 PM
#221117	Aug 3-31	F	1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0

Instructor: Mitzi Kelly

Adv Beginner/Improver Level (Good experience)

#221118	May 2-30	M, W	1:00 PM-2:00 PM
#221119	Jun 4-27	M, W	1:00 PM-2:00 PM
#221120	Jul 2-30	M, W	1:00 PM-2:00 PM
#221121	Aug 1-29	M, W	1:00 PM-2:00 PM

Intermediate Level (Highly experienced)

#221122	May 2-30	M, W	2:00 PM-3:00 PM
#221123	Jun 4-27	M, W	2:00 PM-3:00 PM
#221124	Jul 2-30	M, W	2:00 PM-3:00 PM
#221125	Aug 1-29	W, M	2:00 PM-3:00 PM

LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends!

Anne Gordon Center for Active Adults Course Fee: \$0

#221127	May 7-Aug 27	M	4:00 PM-5:30 PM
#221128	May 1-Aug 28	Tu	4:00 PM-5:30 PM

Five Points Center for Active Adults Course Fee: \$0

#221126	May 4-Aug 31	F	1:30 PM-3:00 PM
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LEARN TO LINE DANCE

This learn to line dance class is for you! We'll meet for 4 weeks, 1 hour each week and we will practice all basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We'll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

Anne Gordon Center for Active Adults Course Fee: \$0

#224772	Mar 29-Apr 19	Th	11:15AM-12:15 PM
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MEDITATION: GROUP MEDITATION PRACTICE

Group Meditation Practice will start with some of the latest information about the benefits of mindfulness, with participation from those present. Then the group will focus on the breath and getting quiet. After a stretch break, a time of sitting will start with some guiding thoughts. This is not an instructor-led class; Jaye Martin will guide the session.

Five Points Center for Active Adults Course Fee: \$0

#223914	May 3-Aug 30	Th	7:30 PM-8:15 PM
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MEN'S STRENGTH AND CONDITIONING

This class incorporates strength and cardio segments using dumbbells, medicine balls, resistance bands, and other equipment for a total body workout designed for the male body. Instructor: Sue Payne.

Five Points Center for Active Adults Course Fee: \$8

#221129	May 1-29	Tu	2:00 PM-2:45 PM
#221130	Jun 5-26	Tu	2:00 PM-2:45 PM
#221131	Jul 3-31	Tu	2:00 PM-2:45 PM
#221132	Aug 7-28	Tu	2:00 PM-2:45 PM
#221133	May 3-31	Th	12:00 PM-12:45 PM
#221134	Jun 7-28	Th	12:00 PM-12:45 PM
#221135	Jul 5-26	Th	12:00 PM-12:45 PM
#221136	Aug 2-30	Th	12:00 PM-12:45 PM

PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults Course Fee: \$40/1-hr session

Instructor: Sue Payne

#221144 May 1-Aug 31 M-F 9:30 AM-5:30 PM

Instructor: Bill Unger

#221145 May 1-Aug 31 M-F 9:30 AM-5:30 PM

PILATES FOR ACTIVE ADULTS

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor. Please bring your own mat.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Marty Lamb

#221147 May 7-21 M 9:15 AM-10:00 AM

#221148 Jun 4-25 M 9:15 AM-10:00 AM

#221149 Jul 2-30 M 9:15 AM-10:00 AM

#221150 Aug 6-27 M 9:15 AM-10:00 AM

Instructor: Linda Lisko

#221151 May 7-21 M 5:30 PM-6:30 PM

#221152 Jun 4-25 M 5:30 PM-6:30 PM

#221153 Jul 2-30 M 5:30 PM-6:30 PM

#221154 Aug 6-27 M 5:30 PM-6:30 PM

Instructor: Danielle Jones

#221155 May 1-29 Tu 1:15 PM-2:15 PM

#221156 Jun 5-26 Tu 1:15 PM-2:15 PM

#221157 Jul 3-31 Tu 1:15 PM-2:15 PM

#221158 Aug 7-28 Tu 1:15 PM-2:15 PM

Instructor: Linda Lisko

#221159 May 2-30 W 10:30 AM-11:30 AM

#221160 Jun 6-27 W 10:30 AM-11:30 AM

#221161 Jul 11-25 W 10:30 AM-11:30 AM

#221162 Aug 1-29 W 10:30 AM-11:30 AM

Instructor: Marty Lamb

#221163 May 3-31 Th 12:00 PM-1:00 PM

#221164 Jun 7-28 Th 12:00 PM-1:00 PM

#221165 Jul 5-26 Th 12:00 PM-1:00 PM

#221166 Aug 2-30 Th 12:00 PM-1:00 PM

#221167 May 4-25 F 10:30 AM-11:30 AM

#221168 Jun 1-29 F 10:30 AM-11:30 AM

#221169 Jul 6-27 F 10:30 AM-11:30 AM

#221170 Aug 3-31 F 10:30 AM-11:30 AM

QI GONG

Learn the 24 simple movements of qigong (chee-gong), the ancient Chinese practice of meditation with movement, which is designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. This is a beginner level class. Qi Gong for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motion, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class. Instructor: Kathy Bundy.

Anne Gordon Center for Active Adults Course Fee: \$8

#221177 May 1-29 Tu 10:30 AM-11:15 AM

#221179 Jun 5-26 Tu 10:30 AM-11:15 AM

#221181 Jul 3-31 Tu 10:30 AM-11:15 AM

#221183 Aug 7-28 Tu 10:30 AM-11:15 AM

#221185 May 4-25 F 10:30 AM-11:15 AM

#221187 Jun 1-29 F 10:30 AM-11:15 AM

#221189 Jul 6-27 F 10:30 AM-11:15 AM

#221191 Aug 3-31 F 10:30 AM-11:15 AM

Qi Gong for Joint Health 

#221193 May 4-25 F 11:30 AM-12:15 PM

#221195 Jun 1-29 F 11:30 AM-12:15 PM

#221197 Jul 6-27 F 11:30 AM-12:15 PM

#221199 Aug 3-31 F 11:30 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$8

#221210 May 8-29 Tu 9:15 AM-10:00 AM

#221211 Jun 5-26 Tu 9:15 AM-10:00 AM

#221212 Jul 3-31 Tu 9:15 AM-10:00 AM

#221213 Aug 7-28 Tu 9:15 AM-10:00 AM

#221201 May 4-25 F 9:15 AM-10:00 AM

#221203 Jun 1-29 F 9:15 AM-10:00 AM

#221204 Jul 6-27 F 9:15 AM-10:00 AM

#221205 Aug 3-31 F 9:15 AM-10:00 AM

Walnut Terrace Neighborhood Center Course Fee: \$0

Qi Gong for Joint Health

#225088 May 7-21 M 11:30 AM-12:15 PM

#225089 Jun 4-25 M 11:30 AM-12:15 PM

#220590 Jul 2-30 M 11:30 AM-12:15 PM

#220591 Aug 6-27 M 11:30 AM-12:15 PM

SENIORCISE

This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Journonya Harris

#221229 May 1-29 Tu 9:15 AM-10:00 AM

#221230 Jun 5-26 Tu 9:15 AM-10:00 AM

#221231 Jul 3-31 Tu 9:15 AM-10:00 AM

#221232 Aug 7-28 Tu 9:15 AM-10:00 AM

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FITNESS CLASSES

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low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

Instructor: Valerie Salinas

#221233	May 3-31	Th	9:15 AM-10:00 AM
#221234	Jun 7-28	Th	9:15 AM-10:00 AM
#221235	Jul 5-26	Th	9:15 AM-10:00 AM
#221236	Aug 2-30	Th	9:15 AM-10:00 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Bettie Ittenbach

#221237	May 7-21	M	12:15 PM-1:00 PM
#221238	Jun 4-25	M	12:15 PM-1:00 PM
#221276	Jul 2-30	M	12:15 PM-1:00 PM
#221239	Aug 6-27	M	12:15 PM-1:00 PM

Instructor: Bill Unger

#221240	May 1-29	Tu	10:30 AM-11:15 AM
#221241	Jun 5-26	Tu	10:30 AM-11:15 AM
#221242	Jul 3-31	Tu	10:30 AM-11:15 AM
#221243	Aug 7-28	Tu	10:30 AM-11:15 AM
#221244	May 3-31	Th	10:30 AM-11:15 AM
#221245	Jun 7-28	Th	10:30 AM-11:15 AM
#221246	Jul 5-26	Th	10:30 AM-11:15 AM
#221247	Aug 2-30	Th	10:30 AM-11:15 AM

Greystone Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#221248	May 7-21	M	10:00 AM-10:45 AM
#221249	Jun 4-25	M	10:00 AM-10:45 AM
#221250	Jul 2-30	M	10:00 AM-10:45 AM
#221251	Aug 6-27	M	10:00 AM-10:45 AM
#221252	May 4-25	F	10:00 AM-10:45 AM
#221253	Jun 1-29	F	10:00 AM-10:45 AM
#221254	Jul 6-27	F	10:00 AM-10:45 AM
#221255	Aug 3-31	F	10:00 AM-10:45 AM

Lake Lynn Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#221256	May 1-29	Tu	9:00 AM-9:45 AM
#221257	Jun 5-26	Tu	9:00 AM-9:45 AM
#221258	Jul 3-31	Tu	9:00 AM-9:45 AM
#221259	Aug 7-28	Tu	9:00 AM-9:45 AM
#221260	May 3-31	Th	9:00 AM-9:45 AM
#221261	Jun 7-28	Th	9:00 AM-9:45 AM
#221262	Jul 5-26	Th	9:00 AM-9:45 AM
#221263	Aug 2-30	Th	9:00 AM-9:45 AM

Powell Drive Park

Course Fee: \$8

Instructor: Bill Unger

#221264	May 1-29	Tu	1:00 PM-1:45 PM
#221265	Jun 5-26	Tu	1:00 PM-1:45 PM
#221266	Jul 3-31	Tu	1:00 PM-1:45 PM

#221267	Aug 7-28	Tu	1:00 PM-1:45 PM
#221268	May 3-31	Th	1:00 PM-1:45 PM
#221269	Jun 7-28	Th	1:00 PM-1:45 PM
#221270	Jul 5-26	Th	1:00 PM-1:45 PM
#221271	Aug 2-30	Th	1:00 PM-1:45 PM

SENIORS IN MOTION



This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements. Instructor: Bettie Ittenbach

Five Points Center for Active Adults

Course Fee: \$8

#223845	Jun 6-27	W	10:15 AM-11:15 AM
#223846	Jul 11-25	W	10:15 AM-11:15 AM
#223847	Aug 1-29	W	10:15 AM-11:15 AM
#223849	Jun 8-29	F	10:15 AM-11:15 AM
#223850	Jul 6-27	F	10:15 AM-11:15 AM
#223851	Aug 3-31	F	10:15 AM-11:15 AM

Laurel Hills Community Center

Course Fee: \$8

#223844	May 2-30	W	10:15 AM-11:15 AM
#223848	May 4-25	F	10:15 AM-11:15 AM

SHIBASHI



(Beginner level is available at the Green Road Community Center) Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life! Instructor: Angie Mitchell

Anne Gordon Center for Active Adults

Course Fee: \$8

#222483	May 1-29	Tu	11:30 AM-12:30 PM
#222484	Jun 5-26	Tu	11:30 AM-12:30 PM
#222485	Jul 10-31	Tu	11:30 AM-12:30 PM
#222486	Aug 7-28	Tu	11:30 AM-12:30 PM

continued on next column...

SILVER CARDIO


Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class. Instructor: Bettie Ittenbach.


Five Points Center for Active Adults			Course Fee: \$8
#221373	May 3-31	Th	1:00 PM-1:45 PM
#221374	Jun 7-28	Th	1:00 PM-1:45 PM
#221375	Jul 5-26	Th	1:00 PM-1:45 PM
#221376	Aug 2-30	Th	1:00 PM-1:45 PM

TAI CHI CHIH

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie.

Five Points Center for Active Adults Course Fee: \$8

Beginner Level 			
#221378	May 7-21	M	10:30 AM-11:30 AM
#221379	Jun 4-25	M	10:30 AM-11:30 AM
#221380	Jul 2-30	M	10:30 AM-11:30 AM
#221381	Aug 6-27	M	10:30 AM-11:30 AM

Intermediate Level 			
#221382	May 7-21	M	11:30 AM-12:30 PM
#221383	Jun 4-25	M	11:30 AM-12:30 PM
#221384	Jul 2-30	M	11:30 AM-12:30 PM
#221385	Aug 6-27	M	11:30 AM-12:30 PM

TAI CHI FOR ACTIVE ADULTS







Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Beginner Sun Style: No experience required. The focus is on balance and learning the gentle movements, with the support of a chair if needed. There are 21 movements in this set. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style Part 1: Prerequisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements. The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements.

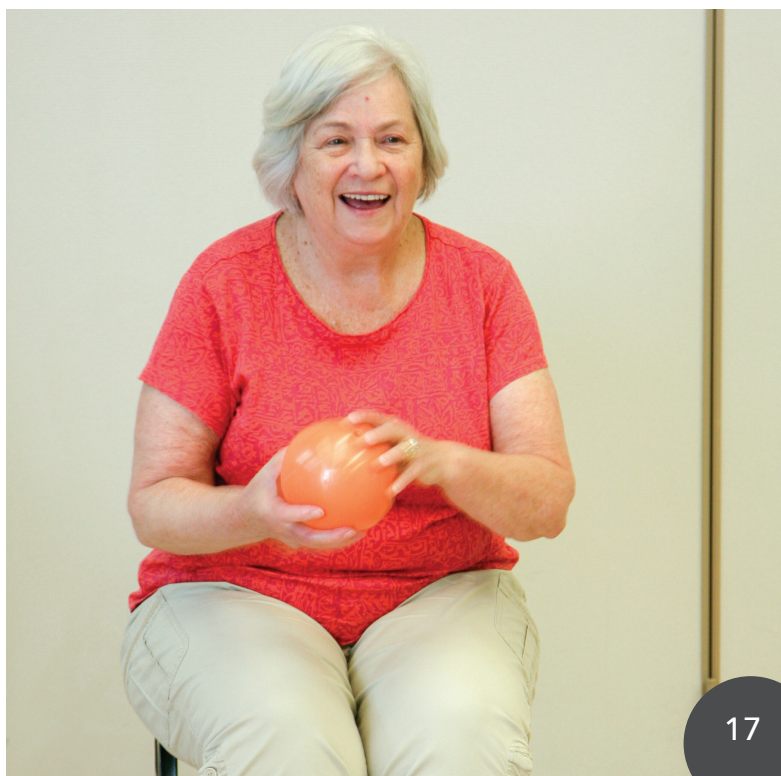
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Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults

Course Fee: \$8

Chair Beginner Sun Style  			
#222506	May 7-21	M	1:00 PM-1:45 PM
#222507	Jun 4-25	M	1:00 PM-1:45 PM
#222508	Jul 2-30	M	1:00 PM-1:45 PM
#222509	Aug 6-27	M	1:00 PM-1:45 PM
Beginner Sun Style 			
#222502	May 3-31	Th	1:30 PM-2:15 PM
#222503	Jun 7-28	Th	1:30 PM-2:15 PM
#222504	Jul 5-26	Th	1:30 PM-2:15 PM
#222505	Aug 2-30	Th	1:30 PM-2:15 PM
Intermediate Sun Style 			
#222518	May 7-21	M	2:00 PM-2:45 PM
#222519	Jun 4-25	M	2:00 PM-2:45 PM
#222520	Jul 2-30	M	2:00 PM-2:45 PM
#222521	Aug 6-27	M	2:00 PM-2:45 PM
Advanced Sun Style Part 1 			
#222514	May 3-31	Th	2:30 PM-3:15 PM
#222515	Jun 7-28	Th	2:30 PM-3:15 PM
#222516	Jul 5-26	Th	2:30 PM-3:15 PM
#222517	Aug 2-30	Th	2:30 PM-3:15 PM
Advanced Sun Style Part 2 			
#222522	May 3-31	Th	12:30 PM-1:15 PM
#222523	Jun 7-28	Th	12:30 PM-1:15 PM
#222524	Jul 5-26	Th	12:30 PM-1:15 PM
#222525	Aug 2-30	Th	12:30 PM-1:15 PM
Advanced Various Styles			
#222510	May 7-21	M	3:00 PM-3:45 PM
#222511	Jun 4-25	M	3:00 PM-3:45 PM
#222512	Jul 2-30	M	3:00 PM-3:45 PM
#222513	Aug 6-27	M	3:00 PM-3:45 PM



FITNESS CLASSES

SYMBOL KEY FOR FITNESS CLASSES



seated class



chairs are available to those who need the support



low impact or difficulty level



medium impact or difficulty level



higher impact or difficulty level

TOTAL BODY CONDITIONING

This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Lisko

#221401	May 7-21	M	6:45 PM-7:30 PM
#221402	Jun 4-25	M	6:45 PM-7:30 PM
#221403	Jul 2-30	M	6:45 PM-7:30 PM
#221404	Aug 6-27	M	6:45 PM-7:30 PM
#221393	May 2-30	W	9:15 AM-10:00 AM
#221394	Jun 6-27	W	9:15 AM-10:00 AM
#221395	Jul 11-25	W	9:15 AM-10:00 AM
#221396	Aug 1-29	W	9:15 AM-10:00 AM

Instructor: Sue Payne

#221389	May 1-29	Tu	1:00 PM-1:45 PM
#221390	Jun 5-26	Tu	1:00 PM-1:45 PM
#221391	Jul 3-31	Tu	1:00 PM-1:45 PM
#221392	Aug 7-28	Tu	1:00 PM-1:45 PM
#221397	May 3-31	Th	1:00 PM-1:45 PM
#221398	Jun 7-28	Th	1:00 PM-1:45 PM
#221399	Jul 5-26	Th	1:00 PM-1:45 PM
#221400	Aug 2-30	Th	1:00 PM-1:45 PM

TOTAL BODY TONING

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints. Instructor: Sandy Stanton

Five Points Center for Active Adults

Course Fee: \$8

#221417	May 3-31	Th	5:45 PM-6:30 PM
#221418	Jun 7-28	Th	5:45 PM-6:30 PM
#221419	Jul 5-26	Th	5:45 PM-6:30 PM
#221420	Aug 2-30	Th	5:45 PM-6:30 PM

WORKOUT WITH WEIGHTS

This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights. Instructor Sue Payne

Five Points Center for Active Adults

Course Fee: \$8

#224194	May 2-30	W	9:15 AM- 10:00 AM
#224195	June 6-27	W	9:15 AM- 10:00 AM
#224196	July 4-25	W	9:15 AM- 10:00 AM
#224197	Aug 1-29	W	9:15 AM – 10:00 AM

YOGA CHAIR

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

#221429	May 7-21	M	9:15 AM-10:15 AM
#221430	Jun 4-25	M	9:15 AM-10:15 AM
#221431	Jul 2-30	M	9:15 AM-10:15 AM
#221432	Aug 6-27	M	9:15 AM-10:15 AM
#221437	May 3-31	Th	10:30 AM-11:15 AM
#221438	Jun 7-28	Th	10:30 AM-11:15 AM
#221439	Jul 5-26	Th	10:30 AM-11:15 AM
#221440	Aug 2-30	Th	10:30 AM-11:15 AM
#221441	May 3-31	Th	11:30 AM-12:15 PM
#221442	Jun 7-28	Th	11:30 AM-12:15 PM
#221443	Jul 5-26	Th	11:30 AM-12:15 PM
#221444	Aug 2-30	Th	11:30 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Rose Parli

#221421	May 1-29	Tu	11:30 AM-12:45 PM
#221422	Jun 5-26	Tu	11:30 AM-12:45 PM
#221423	Jul 3-31	Tu	11:30 AM-12:45 PM
#221424	Aug 7-28	Tu	11:30 AM-12:30 PM
#221425	May 3-31	Th	11:30 AM-12:45 PM
#221426	Jun 7-28	Th	11:30 AM-12:45 PM
#221427	Jul 5-26	Th	11:30 AM-12:45 PM
#221428	Aug 2-30	Th	11:30 AM-12:45 PM

Walnut Terrace Neighborhood Center

Course Fee: \$0

Instructor: Kathryn Clarke

#221433	May 2-30	W	9:00 AM-9:45 AM
#221434	Jun 6-27	W	9:00 AM-9:45 AM
#221435	Jul 4-18	W	9:00 AM-9:45 AM
#221436	Aug 1-29	W	9:00 AM-9:45 AM

Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!

YOGA VINYASA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Kathryn Clarke

#221219	May 1-29	Tu	3:00 PM-4:00 PM
#221220	Jun 5-26	Tu	3:00 PM-4:00 PM
#221221	Jul 3-31	Tu	3:00 PM-4:00 PM
#221222	Aug 7-28	Tu	3:00 PM-4:00 PM

Instructor: Rose Parli

#221223	May 3-31	Th	6:15 PM-7:15 PM
#221224	Jun 7-28	Th	6:15 PM-7:15 PM
#221225	Jul 5-26	Th	6:15 PM-7:15 PM
#221226	Aug 2-30	Th	6:15 PM-7:15 PM

YOGA GENTLE FLOOR

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class. Anne

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Mary Flournoy

#221309	May 7-21	M	10:30 AM-11:30 AM
#221310	Jun 4-25	M	10:30 AM-11:30 AM
#221311	Jul 2-30	M	10:30 AM-11:30 AM
#221312	Aug 6-27	M	10:30 AM-11:30 AM
#221314	May 2-30	W	3:30 PM-4:30 PM
#221315	Jun 6-27	W	3:30 PM-4:30 PM
#221316	Jul 11-25	W	3:30 PM-4:30 PM
#221317	Aug 1-29	W	3:30 PM-4:30 PM
#221318	May 3-31	Th	9:15 AM-10:15 AM
#221319	Jun 7-28	Th	9:15 AM-10:15 AM
#221320	Jul 5-26	Th	9:15 AM-10:15 AM
#221325	Aug 2-30	Th	9:15 AM-10:15 AM

Instructor: Alda Biddell

#221322	May 1-29	Tu	12:15 PM-1:15 PM
#221323	Jun 5-26	Tu	12:15 PM-1:15 PM
#221324	Jul 3-31	Tu	12:15 PM-1:15 PM
#221321	Aug 7-28	Tu	12:15 PM-1:15 PM

Five Points Center for Active Adults Course Fee: \$8

Instructor: Kathryn Clarke

#221330	May 7-21	M	3:15 PM-4:15 PM
#221331	Jun 4-25	M	3:15 PM-4:15 PM
#221332	Jul 2-30	M	3:15 PM-4:15 PM
#221333	Aug 6-27	M	3:15 PM-4:15 PM

Instructor: Marty Lamb

#221334	May 2-30	W	3:15 PM-4:15 PM
#221335	Jun 6-27	W	3:15 PM-4:15 PM
#221336	Jul 11-18	W	3:15 PM-4:15 PM
#221337	Aug 1-29	W	3:15 PM-4:15 PM

ZUMBA GOLD®

Golden Zumba is known for zesty Latin and international music, easy-to-follow moves and an invigorating party-like atmosphere! This dance-fitness class feels friendly and, most of all, it's fun! This is an intermediate level class.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Maria Bolanz

#221174	May 1-29	Tu	9:15 AM-10:00 AM
#221175	Jun 5-26	Tu	9:15 AM-10:00 AM
#221176	Jul 3-31	Tu	9:15 AM-10:00 AM
#221178	Aug 7-28	Tu	9:15 AM-10:00 AM
#221180	May 3-31	Th	1:00 PM-1:45 PM
#221182	Jun 7-28	Th	1:00 PM-1:45 PM
#221184	Jul 5-26	Th	1:00 PM-1:45 PM
#221186	Aug 2-30	Th	1:00 PM-1:45 PM

Instructor: LeAnn Swanson

#224154	May 4-25	F	9:15 AM-10:00 AM
#224155	Jun 1-29	F	9:15 AM-10:00 AM
#224156	Jul 6-27	F	9:15 AM-10:00 AM
#224157	Aug 3-31	F	9:15 AM-10:00 AM

Five Points Center for Active Adults Course Fee: \$8

Instructor: Linda Thomas

#221188	May 1-29	Tu	12:00 PM-1:00 PM
#221190	Jun 5-26	Tu	12:00 PM-12:45 PM
#221192	Jul 3-31	Tu	12:00 PM-12:45 PM
#221194	Aug 7-28	Tu	12:00 PM-12:45 PM

Instructor: Maria Bolanz

#221196	May 4-25	F	1:00 PM-1:45 PM
#221198	Jun 1-29	F	1:00 PM-1:45 PM
#221200	Jul 6-27	F	1:00 PM-1:45 PM
#221202	Aug 3-31	F	1:00 PM-1:45 PM

ZUMBA GOLD® CHAIR

Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor: Maria Bolanz.

Anne Gordon Center for Active Adults Course Fee: \$8

#222631	May 1-29	Tu	1:00 PM-1:45 PM
#222632	Jun 5-26	Tu	1:00 PM-1:45 PM
#222633	Jul 3-31	Tu	1:00 PM-1:45 PM
#222634	Aug 7-28	Tu	1:00 PM-1:45 PM

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SOCIAL CLASSES

BINGO

This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0
#222639 May 4-Aug 31 F 9:30 AM-12:00 PM

BRIDGE FOR ACTIVE ADULTS - OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#220343 May 2-Aug 29 W 9:30 AM-12:30 PM
#220344 May 3-Aug 30 Th 10:00 AM-12:00 PM
#220345 May 4-Aug 24 F 12:30 PM-3:00 PM

CARDS AND MAHJONG OPEN PLAY

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults Course Fee: \$0
#222640 May 1-Aug 28 Tu 12:30 PM-4:00 PM
#222641 May 2-Aug 29 W 1:00 PM-3:00 PM
#222642 May 4-Aug 31 F 12:30 PM-4:00 PM

CRIBBAGE OPEN PLAY

Join other cribbage players for an open play opportunity. Those who do not know the game will be taught how to play this card game for two or more players.

Five Points Center for Active Adults Course Fee: \$0
#221000 May 3-Aug 23 Th 2:00 PM-4:00 PM

INTERMEDIATE BRIDGE AND GAME DAY

Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults Course Fee: \$0
#221109 May 7-Aug 27 M 1:00 PM-4:00 PM

MAH JONGG

Mah Jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults Course Fee: \$0
#221141 May 3-Aug 30 Th 2:00 PM-4:00 PM
#221143 May 4-Aug 31 F 12:30 PM-3:30 PM

MEN'S MONDAY MORNINGS

Men, are you looking for a place to hang out, play some games and socialize that is for guys only? Men's Monday Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults Course Fee: \$0
#222648 May 7-Aug 27 M 9:00 AM-12:00 PM

WEDNESDAY MOVIES AT THE ANNE GORDON CENTER

Join your friends to enjoy a recently released movie or a popular classic from the silver screen. Bring your own popcorn, snacks and drinks. We have a microwave available for your use. Items from the drink and candy machines cost \$1 each. The movies are free. You will be asked to sign in upon arrival.

Anne Gordon Center for Active Adults Course Fee: \$0
#222650 May 2-Aug 29 W 1:30 PM-4:00 PM

READ AND GO DISCUSSIONS

Join us the group discussions for our Read and Go Program. We will read a book written by a NC author or a book based in NC, have a discussion and then go on an trip based on the book. You can find the year's Read and Go book list on our website at www.raleighnc.gov Keyword Search: Adult Programs or by calling us at 919-996-4720

Anne Gordon Center for Active Adults \$0

Lies and Other Acts of Love

#219159 May 7 M 1:00 PM-3:00 PM

Sweet Southern Hearts

#219160 June 25 M 1:00 PM-3:00 PM

Murder in Mayberry: True Crime in

#219173 Aug 27 M 1:00 PM-3:00 PM

Cold Heart

#219174 Sep 24 M 1:00 PM-3:00 PM

What the Dog Knows

#219175 Oct 22 M 1:00 PM-3:00 PM

READ AND WATCH DISCUSSION

Enjoy reading and watching movies? We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book. Due to the popularity of this program, pre-registration is required. Find the Read and Watch list on the web at www.raleighnc.gov Keyword search: Adult Programs or call us at 919-996-4720

Anne Gordon Center for Active Adults \$0

The Devil in the White City by Erik Larson (true story)

#2191462 May 14 M 1:00 PM-3:30 PM

The Mountain Between Us by Charles Martain

#219163 Oct 29 M 1:00 PM-3:30 PM

SPORTS PROGRAMS

PICKLEBALL - OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults Course Fee: \$0
#221146 May 1-Aug 31 Tu, F 3:00 PM-5:45 PM

PICKLEBALL WORKSHOPS

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball.

Five Points Center for Active Adults Course Fee: \$0
#221171 May 11-Aug 31 F 9:00 AM-2:15 PM

TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#221377 May 3-Aug 30 Th 1:30 PM-3:30 PM



GOLDEN YEARS CLUBS

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club leader for more information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
Velma (919) 847-0775

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10am
Trina (984) 242-5884

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10am
Mary Lou (919) 846-0492

Carolina Pines Club

Carolina Pines Comm. Center
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Chavis Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11am
Denise (919) 831-6989

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10am
Melvin (919) 851-3006

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Jane (919) 872-3006

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1pm
Gene (919) 266-1222

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30am
Gaynelle (919) 851-0869

Go-Getters Club

2nd/4th Thursday, 10am
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Margie (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30am
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Kathy (919) 349-8905

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Christie (919) 831-6995

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11am
Cletha (919) 847-5988

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919) 821-7728

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
Jane (919) 785-1345

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919) 870-0557

Roberts Park SR Club

Roberts Park Comm. Cntr
Tuesdays, 11am
Sherri (919) 831-6830

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Dorothy (704) 928-6613

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
2nd/4th Wednesday, 12noon
Kathy (919) 848-1557

Happy Hearts

St. Joseph's Catholic Church
1st Tuesday, 12pm
4th Thursday Dinner
Connie (919) 418-3743

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10am
Kenny (919) 831-6895

The Trailblazers

Mt. Pleasant Baptist Church
10720 Falls of the Neuse Rd
2nd Tuesday 10:30 am
Lizzie (919) 847-0831

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th Sun,
10:30am
Dee (919) 630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Betty (919) 850-9191

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Brenda (919) 834-8170

1's Friday

Five Point Adult Center
1st Friday, 10am
Barbara (919) 287-6803

*This information is not to be used
for solicitation purposes.*

ADULT PROGRAM TRIPS

The Adult Program offers a variety of day and multi-day trips throughout the year. Trips are geared towards those 50 years and better; however trips are open to all adults including those who do not live in Raleigh. Trip fliers and registration forms can be found on the website at www.raleighnc.gov, keyword search "Adult Program" or by calling one of the Active Adult Centers. To receive informational fliers on all trips, complete the form found in the *Adult Program Trip Brochure*.

DAY TRIPS

May - Jordan Lake, NC: Eco Boat Tour

Sit back and relax as you drink in the sights of nature as you glide across the waters of Lake Jordan. Enjoy the talk about the lake, the birds, the dam and its spillway.

June - Kernersville, NC: Korner's Folly

Built in 1880 and once billed as "The Strangest Home in the World," but it is not really a home in the conventional sense. Artist, decorator, interior designer Jule Gilmer Korner conceived of this structure as an entertaining space, bachelor quarters and showroom for the wares of his decorating and house furnishing company. The home was built with 8 different sizes of bricks, no two windows or door ways are the same.

August - Salisbury, NC: Fading D Farm

Discover the uniqueness of raising water buffalo, learn about cheese making and how this small family owned farm began.

September - Cameron, NC: Aloha Safari Zoo

Lee Crutchfield is on a mission to rescue animals in need. The zoo is home to over 400 rescued animals that were previously injured, abandoned, abused, neglected, or were unable to be cared for by their previous owners giving them a forever home. The animals include bears, kangaroos, monkeys, giraffes, donkeys and much more.

October - Charlotte, NC: Chinese Lantern Festival

Make no mistake these are not hand-held, candle-lit lamps. Chinese lanterns are made by masters of the craft in Zigong, China. Zigong is China's center of lantern heritage. The lanterns are made out of silk and paper, evolving into the wondrous shapes and sizes. More than 800 handmade lanterns will fill more than 12 acres. In addition, marvel at kung fu shows, savor Asian food and browse the marketplace that features authentic Chinese folk art and crafts handmade onsite.

MULTI-DAY TRIPS

Colorado Rockies, Historic Rails and Western National Parks

Colorado National Parks are sights to behold, from mountains to sand dunes, the colorful state has so much to offer. Journey from the massive peaks and rugged canyons to the huge dunes. Highlights include 5 National Park visits: Rocky Mountain, Mesa Verde, Arches, Canyonlands and the Great Sand Dunes, 3 Train Experiences: Durango & Silverton Railroad, Pikes Peak Cog Railway and the Royal Gorge Train.

New York City for the Winter Holiday

Getting into the holiday spirits is not hard to do in New York City. Winter holidays are filled with white lights & the Rockefeller Center Christmas Tree, the amazing 5th Avenue window displays, shopping, museums and Broadway shows. Shop at the Union Square Holiday Market or 34th Street Macy's Department store. Tour the city with a guided tour, visit the city highlights: Central Park, Battery Park, World Trade Center and the Empire State Building. The trip would not be complete without enjoying a Broadway Show.

Whitewater Rafting and Hiking - Bryson City, NC

Enjoy this amazing experience with a fully guided paddle and light hikes. North Carolina's shimmering Nantahala River offers river rafting through family-friendly rapids that are mild but exciting. The Nantahala features eight miles of practice on easy Class II rapids before splashing through the exciting Class III whitewater of Nantahala Falls. Bryson City is a small town tucked in the southern side of the Great Smoky Mountains. Spend your leisure time exploring a town that is filled with both old and new. Want to enjoy the mountain views but not sure about the rafting or hiking? Not a problem—this trip will have options for the activities.



S.O.A.R

The Social Outdoor Active Recreation (SOAR) program offers adventurous trips geared for adults 50+ but is open to all adults. The Adult Program has partnered with the PRCR Adventure Program to offer some amazing active trips. There are no special skills required to participate just an adventurous and open mind. No Xers here, just a group of individuals looking participate in outdoor activities with others and/or to check items off their bucket list.

Indoor Skydiving - No heights required

Experience the freedom that skydivers have for decades without a plane or parachute. Indoor skydiving involves a vertical chamber (imagine a massive silo with windows) that has the most powerful fans you've ever seen, blowing lots of air into the tunnel from below. All you have to do is lean into the airflow and take flight! You will receive hands on classroom step-by-step instructions by an experienced skydiver before even stepping into the wind tunnel.

Canoeing and Trails - Forest Ridge/Falls Lake

Head out to the smooth waters of Falls Lake at the newest City of Raleigh park, Forest Ridge. Begin the day learning basic fundamentals of canoeing with the experienced Adventure Program staff before heading off on a guided paddling trip around the lake. Learn the history of Forest Ridge and experience all the new amenities, including light walks through the park discovering the amazing nature in your own back yard.

Don't miss out on Trip Fliers/registration forms. Sign up for MyRaleigh Subscription on the parks.raleighnc.gov website Keyword Search Adult Program. Click on the link located on the right hand side of the page.

ADDITIONAL RESOURCES

RESOURCES FOR SENIORS

Email: raleighsc@rfsnc.org
919-996-4738
www.resourcesforseniors.com

The Resources for Seniors Information and Referral Specialist is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

MEALS ON WHEELS

919-996-4739, www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Lunch site. Please call for a reservation.



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov